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# Harper Center Bulletin

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**Williamstown Council on Aging**

## February 2013 newsletter

Well, here we are in February and if we haven't had appreciable snow yet, you really know something is wrong don't you?

Anyway, I put the cupid on the front page again. It just strikes me as so strange that we would use an archer shooting arrows at loved ones to entice them. I mean, really, doesn't it seem just a tad off? An archer shooting people with an arrow to bring love? Whatever. On a more serious note, the month of February is Heart Health Awareness month and we all know people who have had heart related issues, life altering and sometimes life ending events which can actually be preventable. We will be looking at some planned and some yet un-planned heart awareness events during the month so stay tuned.

While I'm at it, February 1st is national "wear red" day for heart health awareness so be sure to show up on Friday February 1 in red. It's a bright color, a very vivid one actually which evokes all sorts of emotions when people see it. This time, we want it to remind people that hearts are important to life-is this an understatement? This red is symbolic of our support for heart care and heart health awareness all over.

A pretty good cause, don't you think?



Harper Center  
Bulletin #219

February 1st, 2013

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Williamstown Council  
on Aging lives in the  
Harper Center at 118  
Church Street in  
town.

We're open Monday  
thru Friday from  
8:00A.M. to 4:00P.M.  
and Sunday at 11:00  
for lunch. Visit us!

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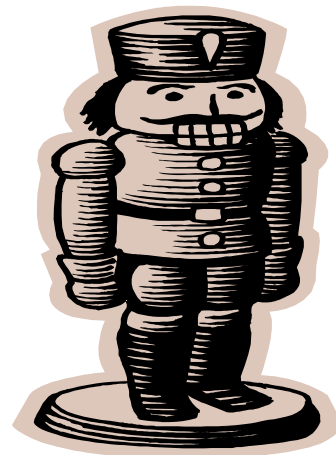
## The Friendship Club supports...

We're looking for skeins of yarn or monetary donations to purchase the same as the supply has run low. As many know, some members of the community have been diligently knitting lap robes for nursing home residents for the past couple years. Now there's interest to create robes for the other generation-younger people, particularly children and infants who could benefit from a warm covering. Everyone can suffer from the cold and we know that there are all sorts of people out there struggling at the moment. Your generosity will be greatly appreciated I'm sure. Call it a gift between generations.

## Now comes the Nutcracker...

We were supposed to do Karyn's nutcracker tea in December, right after Christmas, but it snowed quite heavily that afternoon. Perfectly appropriate for the season but not for performances right? OK, anyway, it's rescheduled for Tuesday the 19th of February and that is actually perfect if you think about it. Right smack in the heart of winter a taste of summer to come, a tea party! So we'll do an actual tea party complete with little sandwiches and all the delicacies which accompany a formal tea. Oh, I don't expect that anyone will be expecting you to wear your summer hats and long white gloves we see here in the heat of August, it is winter after all but we'll bring the warm breezes in with the aroma of tea and sandwiches. And we'll entertain ourselves with a recording of "The Nutcracker", a different show than last year featuring a certain ballerina we all know...Miss Karyn herself!

Now about those dishes...who do we think is doing them?



## Free help for taxes...

Free tax assistance is available at the Harper Center for individuals of moderate means who need a bit of help filing their 2012 returns. It's quite simple really. Trained and certified AARP Tax Aides will be available on Tuesday and Wednesday evenings between 6:00 and 9:00 to complete and file individual state and federal tax returns. Sorry folks, this is NOT an error, there are no Saturday opportunities this year. Appointments are absolutely required and may be had by calling the Harper Center at 458-8250. Each session takes about an hour, participants should bring all pertinent 2012 tax papers and copies of their 2011 tax returns. While special attention will be paid to the needs of senior filers, the program is open to anyone of any age. Oh, did I say that it was free. I did? Good. Give us a call!

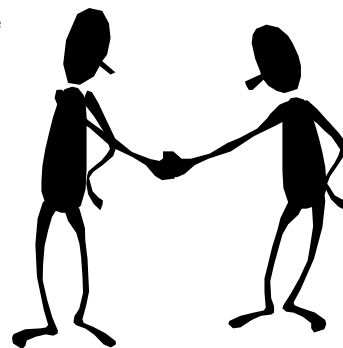


## RSVP

RSVP is the abbreviation for the Retired Senior Volunteer Program. Not what you thought eh?

RSVP is a very large volunteer service network for people aged 55 and up. The program recruits volunteers and essentially finds them positions which allow people to utilize the skills they have acquired through a lifetime of experiences. There are lots of volunteer opportunities available within RSVP and opportunities to serve using the skills you already have to help others in your community. At 1:00 on Thursday afternoon, February 21, Berkshire County RSVP Director Shelia Pia will be here at Harper to talk about RSVP and give you the scoop on this unique program. We will provide snacks, given the month, probably something warm. Maybe served with hot cocoa. Hmmm...

Oh, and yes, these are the "information calendar" people.



## Another form of robbery...

Identity theft is a major problem, and yes, we all know something about identity theft. But this particular session may not be about the kind of theft you think of. Now we all know about scams, telephone calls from unscrupulous creeps trying to get us, or those folks who steal our credit card data and wreak havoc. But tell me, where else do you provide a large portion of your personal and private data routinely?

At the doctors!

Can you imagine the treasure trove of material available for the taking at a medical facility? Holy smokes! Well, on Tuesday, February 5th at 12:30, Laurie Therrien, Patient Account Manager at North Adams Regional Hospital will be in the house to talk about the safeguards medical entities put in place to safeguard your data. This is not a topic we have covered before folks, but clearly an important one. We'll have pizza for lunch first at noon. Sign up now!



## Music with David Malachino

Tuesday February 26th-let's party! It's at the end of February, we've not yet had the snow we could get but we have gone thru some significant and nasty cold spells. And some weird warm weather with spring like temps followed by cold, sleet, snow. What weather!

Anyway, our friend Ida Patella from Berkshire Housing has arranged for musician David Malachino to come and entertain us. We know him, he's been here a few times and he has a fabulous repertoire of tunes from all eras and genres to entertain and get everyone hopping. So, we'll rock out the end of February in style. As it's a red month, we'll do pasta with red sauce, meatball, garlic bread, salad and dessert. Lunch at noon, party thereafter!



## KIRA

February is heart health month and our friend Kira from Interim Health Care will be here at Harper on Valentines Day, Thursday February 14th at 1:00 to talk about heart health. How appropriate!

Everyone has a heart, there is no question about that and some of us have a bigger one than others. Literally. Enlarged hearts, blocked arteries, hypertension, heart attack-these are all terms we've become accustomed to hearing from our friends and neighbors and maybe ourselves. Kira's going to talk about good methods to prevent those types of problems including exercise and diet hints. She's bringing snacks appropriate to the day too!



## Williamstown Council on Aging

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A couple other events of note for February;

At 8:30 on Wednesday February 20, our monthly "Java with Judy" program will feature Cheryl Haddad, Staff Development Coordinator for Williamstown Commons. She'll be talking about the importance of hand washing and other ways of preventing the flu this season. We're right in the middle of flu season and as you know from media reports, this strain of flu is brutal. I know this first hand; it knocked me out for nine days in December so avoid it at all costs. Judy will be bringing some delicious scones and Danish to share, we'll have coffee and tea as well.

On the afternoon of Thursday February 28th we host the first "Ice Cream Social" of 2013. It's winter-so what? We'll also be showing a movie that afternoon to go along with the ice cream. Suggestions welcome until the 21st, then I'll pick. Trust me, you really don't want that again, now do you?

See you at 1:00-it's the last day of our shortest month!



## Page 4 news and notes

This is an unusual item...our foot care wizard Serena Merrill is moving the February foot clinic to March 7th. She has an opportunity to take a vacation in sunny California and we think that is a fabulous idea. So, February appointments have been moved to Thursday March 8. We don't think that we have inconvenienced anyone and all will be served in March. Hey, everyone needs a vacation here and there, right?

Our resident master of all things insurance, SHINE Counselor Peg Jenks will be in the house on Wednesday morning, February 20th at 10:30. Need help navigating the wonderful world of insurance coverage? Call us at 458-8250 and we'll arrange an appointment with Peg to get you thru the maze and where you need to go. She's also available by appointment as well, just call us here at Harper and we'll arrange a meeting for you.

The monthly Blood Pressure Clinic with our friends from Sweetbrook Nursing Home will be at noon on February 12, right before the monthly meeting of the Friendship Club. Important numbers to know, eh?

The monthly Brown Bag offering from the Foodbank of Western Massachusetts will be on Friday February 22nd. Brown Bag is a monthly delivery of shelf stable food and fruits and veggies in season literally delivered in a brown paper sack all for a \$3 donation. Interested? Call us at 458-8250 for details.

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